

August Menu - Urbana Senior Center

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

www.FrederickCountyMD.gov/aging

The meal is served at Noon. Reservations must be made at least 48 hours in advance.
\$4.80 per person per meal. Milk, juice and bread are offered each meal. **Menus are subject to change.**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
			1 Hot Dog Baked Beans Coleslaw Fruit	2 Center is Closed
5 Turkey Combo Lunch Meat 6" sub roll with Swiss Cheese Lettuce & Tomato Cole Slaw Potato Salad Fruit Cocktail	6 Vegetarian Hamburger w/cheese on Roll Tropical Fruit Cup Baked Beans Carrots Fresh Pears	7 Chicken Breast w/Mushroom Gravy White Bread Brown Rice Fresh Apple Slices	8 Grilled Cheese Sandwich Tomato Soup Tossed Salad Fruit	9 Center is Closed
12 Center is Closed Picnic hosted by Emmitsburg Senior Center	13 Chicken Chili Brown Rice Corn Muffin Carrots Tropical Fruit	14 Baked Chicken Drumstick Mashed Potatoes Sweet Peas Fresh Seasonal Fruit Wheat Bread	15 Bring your own lunch and eat together as a group	16 Center is Closed
19 Turkey Burger on Roll Lettuce & Tomato Fresh Grape Tomato Potato Salad Diced Pears	20 Pulled Pork Sandwich on Sandwich Roll Cold Broccoli Salad Chunks of Sweet Potatoes Pineapple Chunks	21 Brunch: Omelet Bar Omelets made to order Other Brunch Items	22 Chicken Patty Sandwich Coleslaw Potato Salad Fruit	23 Center is Closed
26 Cottage Cheese & Fruit Cold Plate Peach & Pear Slices Pineapple Ring Hardboiled Egg Tomato & Lettuce Multi Bean Soup	27 Beef Hamburger on a Roll Cole Slaw Baked Mixed Beans Fresh Seasonal Fruit	28 Chicken Stew w/Peas and Carrots White Rice Wheat Bread Rosy Apple Sauce	29 Back-to-School Special Peanut Butter and Jelly Sandwich on whole grain bread Apple Slices Veggie sticks w/ranch dressing	30 Center is Closed

Urbana Senior Center

Congregate Meals Information

Dates and Times

Monday-Thursday (excluding holidays)
Meals served at Noon

Reservations/ Cancellations

Reservations must be made at least 48 hours in advance.
Cancellations may be made up to 24 hours in advance.
Register in person at the Center or call 301-600-7020.

Cost

The cost is \$4.80 per participant per meal.
The Department of Aging must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.
A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

Payment

Checks should be made payable to "Frederick County Department of Aging".
Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at www.FrederickCountyMD.gov/doa . The menus are subject to change.

Transportation: Monday-Thursday

Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:45 and 11:00 am. They will be returned to their homes between 2:00 pm and 2:30 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area.

Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be canceled.